

TRACKING ...

NEWS



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The Fort Jackson Leader



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On the move

Relocations to continue through 2016

By **SUSANNE KAPPLER**
Fort Jackson Leader

Trying to keep up with current locations of units and organizations on Fort Jackson has become increasingly challenging as a number of the post's residents have changed addresses throughout the last six months.

More changes are on the horizon, as wide-scale construction and renovation efforts are expected to continue through 2016, said Scott Nahrwold, deputy garrison commander.

"The strategy that drove all this was one that goes back several years, I'd say almost

15 years. The effort was to bring Basic Combat Training north of Strom Thurmond Boulevard," Nahrwold said. "What you see today, with the renovation of the six starships, the construction of three new star bases, is all designed to posture us so that we can bring all nine battalions of Basic Combat Training north of that notional line of demarcation."

As part of these efforts, the 165th Infantry Brigade moved its headquarters from Magruder Avenue to 9475 Kershaw Road, the former location of the Staff Judge Advocate office. The need for the 165th to be closer to its battalions created a ripple effect,

explained Michael Hipp, Fort Jackson's master planner with the Directorate of Public Works.

"We had to make several other moves in order for that building to come open," Hipp said.

The Staff Judge Advocate office moved to 2600 Lee Road, which in turn forced the Directorate of Logistics and the Directorate of Resource Management into a new home at 3295 Forney Road.

"The coordination for these kinds of activities starts years ahead of time in an

See **RENOVATION:** Page 4

Jingle Bell Rock



Photo by CURSHA PIERCE-LUNDERMAN

Pfc. Raynaldo Hernandez plays *Guitar Hero* in the of 1st Battalion, 34th Infantry Regiment game room during Victory Block Leave. The Puerto Rico native stayed on Fort Jackson for the holidays so he can save money for his mother to fly here to witness his graduation in late February. For more, see Page 8.

Milano: Embrace changes in new year

Welcome back from the holidays and Victory Block Leave! I hope all of you had a great time and are re-energized for what will surely be a challenging year ahead. Special thanks and “job well done!” to those who made block leave a seamless process and an unequivocal success this year. This was a great, total-team effort showcasing our ability to work together and make a complicated and large-scale operation seem routine.

Now it is time to roll up our sleeves and get back to work. We must be ready to take on the challenges that 2012 brings with it. We have all seen a preview of things to come during the close of this past calendar year. The Army will continue to examine the challenges and issues related to defense spending reductions and the drawdown of troops in Iraq and the eventual reduction of troops in Afghanistan.

I am completely confident that our leadership will make the right decisions and ensure that the Army stays ready to do what the nation asks of it. Our retention goals are changing as we concentrate squarely on retaining quality Soldiers. As the Army continues to trim expenses and manpower, we owe our nation the highest quality Soldier we can retain. Our total numbers will come down a bit, but our quality will go up.

We will have several key leadership changes on post. As you already know, I will be departing this spring and Brig. Gen. Bryan Roberts will replace me as the 45th

MAJ. GEN. JAMES M. MILANO

*Fort Jackson
Commanding
General*



commanding general of the Army Training Center Fort Jackson. He is an outstanding leader who is currently in Iraq directing the Iraq Training and Advisory Team. Our new post command sergeant major, Command Sgt. Maj. Kevin Benson, will be on board in early February and a new deputy commander, Col. Steve Yackley, will assume duties in March. During the summer, as always, leaders at all levels will depart and be replaced. This is nothing new — this is the Army. These changes will occur without interruption to our most important focus: Training Soldiers.

Our country will also be re-electing our president or vote someone new into office this year. I encourage all of you to take part in the election process by voting. The right to vote and choose who represents and leads us is one of the great benefits of the democratic process and I consider it a civic duty to take full advantage of that

right — as Soldiers, you more than most have certainly earned it.

Keep in mind, though, that there are limits to what we can and cannot do in terms of participation in political events, advocating certain candidates, etc. in uniform or in an official capacity. It's imperative that we, as professional Soldiers who serve the American people, have sworn to defend the Constitution of the United States and take our orders from the National Command Authority, maintain our position of neutrality within the political process. We do this to ensure we do not lose the public's trust in the military institution.

The Staff Judge Advocate will provide additional guidance on this as the campaigning heats up and the election nears. When in doubt, consult your chain of command or legal adviser; by all means, get involved in an appropriate and legal manner.

Change works, especially when you have good leadership and the talent that goes along with it. And, change is the one constant that you can always count on, particularly in today's Army and in the months and years ahead. That's all right — we've got all the T-shirts, been down this road before, we'll figure it out while maintaining our readiness and taking care of our Soldiers and Families. Again, I welcome all of you back and reassure you that 2012 should be an exciting year for Fort Jackson, the Army and America.

Army Strong and Victory Starts Here!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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New system puts patient at center of medical care

What is the new Patient Caring Touch System and why is PCTS important? Why would people care about what it is? Those are questions I was recently asked by Col. John A. Nerges, my deputy commander for nursing.

I thought about it and came to the conclusion that our beneficiaries and the people to whom we give care are the reason for the PCTS. This system will improve the lives of those entrusted to our care by creating a new standard of care. By using the PCTS, the patient is the driving force, as the doctors and nurses work together to make sure that patient receives the best care.

The vision of the PCTS is to provide efficient and cost-effective health care that makes a difference in a time of dwindling resources. PCTS is a resource that will guide the health care team in providing the best possible care to our patients, who deserve it. It provides us, the Army Nurse Corps, with a way to gauge our performance and ensure we are on track and to help us to assess how care should be provided.

PCTS is built on the core values which take us as a Nurse Corps back to the basics — how to provide our patients with amazing care. The Army Nursing Creed defines who we are, and PCTS is how we do it. In maintaining a positive and caring culture, we are able to provide exceptional care and foster the growth of our newest team members.

With PCTS, we will proudly care for all of our patients as a team, providing compassionate and proficient care for physical and psychological wounds of our Warriors.

PCTS care teams will empower patients to be active participants in their care, providing them with the

1ST LT. ASHLEY GRAY

*Moncrief Army
Community Hospital*



opportunity to tell the providers and nurses what they expect and what they need from them. These teams will help establish consistent care and effective communication between patients, families and their team.

This system allows team members to develop professionally. It increases awareness of and attention to nursing competence by promoting nursing accountability and responsibility.

Optimized performance includes consistent data collection and reporting of different spectrums of care and tracking quality outcomes, business practices and patient/nurse satisfaction. Skill building will enhance the quality of care and the professional development of nursing staff. Shared accountability gives the nursing team voice and ability to improve the way they give care.

PCTS is represented by a five-point star with the patient at the center block. The PCTS is the perfect way to symbolize how the Army gives five-star care to its beneficiaries, who deserve nothing but the best.

Lastly, it will keep us grounded in our Army Values, the Warrior Ethos, and the Army Nurse Corps Creed.

Playground gets green holiday gift

Donation supports landscaping project

By **CURSHA PIERCE-LUNDERMAN**
Fort Jackson Leader

Fort Jackson's boundless playground became even more pretty and playful at the recent landscaping unveiling ceremony. Cheryl Jackson, the Fort Jackson ACS Exceptional Family Member Program manager, won \$750 of landscaping in a raffle and donated the winnings to the playground project.

"It was our first year attending the AUSA (Association of the United States Army) conference, and I didn't even know that I had won anything until Col. Love told me," Jackson said. "We worked so hard on getting the playground together that this seemed like the perfect way to complete it all."

The wheelchair friendly playground is located behind the new SKIESUnlimited Family Center and has been a project of the EFMP office since August 2010. The playground was completed in April without any greenery.

"With budget cutbacks these days, the first thing to go is usually the landscaping budget," said Jim Olsen of Plans, Analysis, and Integration Office.

Jackson won the landscaping gift from Weston Solutions, Inc., and Fort Jackson PAIO added trees from a Palmetto Pride grant to provide the plants needed for the landscaping project.

Fort Jackson Family and Morale, Welfare and Recreation employees planted the shrubbery over the course of a few weeks.

"My goal is to have every building on post with a tree because the shading reduces the cost on the energy bill. So this landscaping has a huge economic impact as well as beautifying the area for the children and families here," Olsen said.

Jackson said she chose to purchase the 93 bushes and a Carolina Sapphire tree to enhance the playground area and serve as a natural barrier for the children who will use it.

"Many children with special needs like to take off running and since we didn't have money for a fence, the shrubs will create a natural fence and help keep them in the playground," Jackson said.

The Carolina Sapphire tree is unique, like the playground, and will be integrated into the future holiday traditions of the SKIESUnlimited Family Center, according to Olsen.

"The tree was invented by Clemson University and is engineered to withstand the heat and drought of the weather here in South Carolina," Olsen said. "It could grow to be around 40 feet tall so the kids



Photo by CURSHA PIERCE-LUNDERMAN

Cheryl Jackson, right, Exceptional Family Member Program manager, and Dianne Gates, Child Youth and School Services, help children from the child development home decorate the new tree outside the SKIESUnlimited Family Center. Jackson won \$750 in a raffle and donated her winnings to the landscaping project.

are going to decorate it today and try to take pictures over the years as the tree and children grow up here."

Children from the CDC Home placed Christmas ornaments on the tree during the unveiling ceremony to celebrate the

new addition.

Olsen said that Jackson's donation is about more than just giving trees. It shows how people work together to make things happen on post.

"I want the landscape of the garrison

to be that we take care of our Soldiers and their Families," Olsen said. "When we don't have funding to do work the traditional way, we have people, our most important resource, who find a way."

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Housing Happenings

COMMUNITY UPDATES

❑ All housing offices will be closed Jan. 16. For maintenance emergencies, call 787-6416. Regular business hours will resume the following day.

❑ Learn more about the different housing offices by visiting www.jackson.army.mil/sites/info/pages/389.

❑ Residents should remove outside Christmas decorations no later than Sunday.

❑ Be sure to disconnect water hoses to prevent pipes from freezing/bursting during the colder months. Freezing/bursting pipes can cause water damage to the home and valuables inside.

❑ Pets are not allowed to be tied to a rope or chain and left unattended outside. While outdoors, pets should be on a leash or within the confines of a fence. For more information on the pet policy, call 738-8275.

❑ Residents who are going on leave for an extended period of time and wish to have their house monitored periodically should call Military Police at 751-3115.

❑ Operating a home-based business: In order to operate a home-based business, residents must receive prior approval and obtain a solicitor's permit. To receive this permit, complete a solicitation packet from the Directorate of Emergency Services Military Police Station located at 5499 Jackson Blvd. It is also necessary to complete a request form from the Balfour Beatty Communities Management Office at 520 Brown Ave. The completed solicitation packet and request form must be returned to DES for review and approval/disapproval. Types of home-based businesses requiring this permit include, but are not limited to: Avon, Longaberger Baskets, Mary Kay, etc. This requirement is in accordance with Fort Jackson regulations and is required of all on-post residents.

❑ Energy conservation tip: Shortening shower times by a few minutes can save hundreds of gallons of water per month for a family. Cutting shower times in half can also reduce water heating costs by 33 percent.

❑ Refer someone to move on post to receive \$200.

❑ Any residents who have not received a utility statement from Minol should contact the company at 1-888-636-0493.

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Photo by CURSHA PIERCE-LUNDERMAN

Soldiers with Company B, 3rd Battalion, 13th Infantry Regiment exercise near a Basic Combat Training starship renovation site off Jackson Boulevard. All six of the installation's BCT starship complexes are part of an eight-year renovation project that started in 2008 and is scheduled to be completed in 2016.

Renovation, construction visible across installation

Continued from Page 1

effort to ensure that we understand, not only the fundamental requirement, but also the second- and third-order effects of everything that we're going to do," Nahrwold said. "It's rare to move one element without it having an almost postwide impact."

Although creating updated facilities for the installation's nine BCT battalions is a priority, other units are on the move as well. One of the major construction projects under way is the creation of a new complex for the 369th Adjutant General Battalion. The battalion's former sites have been demolished and the new buildings are expected to be ready in about two years, Hipp said.

Hipp said that although some buildings on the installation are currently not occupied, installation leaders are carefully weighing the options of how to best use them.

"We're trying to make the Strom Thurmond Building, as much as possible, a one-stop check-in and check-

out complex. So we're trying to focus the function of that building on that type of use," Hipp said. "So, some of these buildings that are empty now — we're holding off on making a decision until we really figure out that Strom Thurmond issue, because that could have an effect on who goes into these other empty buildings. So we're trying not to rush to fill anything until we really figure out the Strom Thurmond Building solution."

The postwide renovation and construction efforts started in 2008 and are expected to be completed in 2016, generating a total cost of nearly \$1 billion, Nahrwold said.

"I know that the contractors definitely prefer to work with local subcontractors, so a lot of that money is in fact going back into the local economy," he said.

Nahrwold added that he does not expect significant amounts of money to be allocated for new construction projects beyond that time frame.

"The Army is going to look to us

to renovate and modernize existing facilities rather than to focus on building new (structures) as we move into this fundamentally different fiscal reality that awaits us here in the (coming) years," he said.

To coordinate the current efforts, a realignment working group was established several years ago that consists of representatives from all the major units and organizations. The group meets weekly to discuss upcoming projects and timelines and to synchronize efforts across the installation.

"The cooperation that we get from all of our partners in excellence has been superb. In fact, they all understand that there will be certain inconveniences that we're all going to have to bear as we move to this desired end state," Nahrwold said. "It's hard work and it can be terribly frustrating from time to time. But it's the good will of all the people involved that makes those challenges easy to deal with."

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News and Notes

THREAT AWARENESS CLASSES SET

Training for the postwide Threat Awareness Reporting Program, formerly known as SAEDA, is scheduled to begin Tuesday. Classes are set at 10 a.m. and 3 p.m. Classes are scheduled for the same times Jan. 17 and 24. Training is also scheduled for 10 a.m. Jan. 12, 19 and 26. The classes will take place at the Post Theater.

MLK LUNCHEON SCHEDULED

A luncheon in observance of Martin Luther King Jr. Day is scheduled from 11:30 a.m. to 1 p.m. at the Solomon Center. This year's theme is "Remember! Celebrate! Act! A day on, not a day off!" The guest speaker will be Pamela Wilson, president of Allen University. Tickets cost \$8 and can be purchased through the Fort Jackson Equal Opportunity Office, brigade equal opportunity advisers and unit equal opportunity representatives. For more information, call 751-4117/2990.

DMPO RELOCATES TEMPORARILY

The Defense Military Pay Office has temporarily moved to Rooms 100 and 240 at the Strom Thurmond Building. Duty hours are from 8 a.m. to 3 p.m.



Friday, Jan. 6 — 4 p.m.
Happy Feet 2 PG

Friday, Jan. 6 — 7 p.m.
J. Edgar R

Saturday, Jan. 7 — 4 p.m.
The Twilight Saga
Breaking Dawn, Part 1 PG-13

Sunday, Jan. 8 — 4 p.m.
The Muppets PG

Wednesday, Jan. 11 — 1:30 p.m.
The Twilight Saga
Breaking Dawn, Part 1 PG-13

Wednesday, Jan. 11 — 7 p.m.
The Muppets PG

Friday, Jan. 13 — 4 p.m.
Race to Witch Mountain PG

Friday, Jan. 13 — 7 p.m.
The Twilight Saga
Breaking Dawn, Part 1 PG-13

Adults: \$4.50
Children (12 and younger): \$2.25

Visit www.aafes.com or call 751-7488 for listings.

Health concerns prompt halt of DMAA supplement sales

From the U.S. Army Medical Command

WASHINGTON — The Department of Defense has implemented a temporary moratorium on the sales of dietary products containing DMAA at military facilities.

The moratorium will remain in effect pending further review of relevant scientific evidence and reported events, officials said.

Recent reports show that two Soldier deaths and additional adverse health effects in other service members may be related to the use of dietary supplements containing DMAA, which is also known as dimethylamylamine.

"We support the decision of the Military Exchanges and Commissaries to remove products containing DMAA from their shelves until we can make a further determination about the safety of this ingredient," said Dr. Michael Kilpatrick, the deputy director of Force Health Protection and Readiness Programs with the Office of the Deputy Assistant Secretary of Defense for Force Health Protection and Readiness.

DMAA is sold as a single supplement and in combination with multiple other ingredients. In particular, it is often combined with caffeine, a legal, natural stimulant. Stimulants may accelerate metabolism, heart rate and blood pressure, which may increase the body's production of heat, especially in hot and humid conditions.



Air Force photo illustration by STAFF SGT. MIGUEL LARA III

Health concerns prompt the removal of dietary supplements containing DMAA, or dimethylamylamine from Exchange and Commissary shelves.

"We are concerned about reports of heat illness, kidney (and) liver damage, and sudden death in service members who reportedly used products containing DMAA," Kilpatrick said.

Jonathan Woodson, assistant secretary of defense for health affairs, asked the surgeons general of the military services to conduct a review of available scientific evidence and adverse event reports to bet-

ter understand any potential relationship between DMAA and these events. Recommendations from this review will guide further decisions, officials said.

"We take the health of our service members and families very seriously, and believe this action is necessary as a precautionary measure until we can learn more," said Lt. Gen. Patricia Horoho, the Army surgeon general.

FORCE PROTECTION THOUGHT OF THE WEEK



**Our Most Effective Weapon Against
Terrorism is You!!!!**

Soldiers celebrate holidays on post

By **CURSHA PIERCE-LUNDERMAN**
Fort Jackson Leader

Millions of Americans hit the busy airports and packed highways to get home for the holidays, but hundreds of Fort Jackson training Soldiers decided to stay on post for Victory Block Leave.

The 1st Battalion, 34th Infantry Regiment was responsible for entertaining nearly 250 Soldiers for two weeks in the Columbia area, and the task proved to be fairly simple.

"We have a large mission this year," said Maj. April Jones, the battalion's executive officer. "When we found out the number of Soldiers staying behind, we had to stand up another company to accommodate them all. But, it's been easy duty and we enjoy doing all of the activities with them."

Many groups such as Family and Morale, Welfare and Recreation, USO and local civilians worked together to give the Soldiers on Fort Jackson an enjoyable holiday experience.

In the game room at the battalion, Soldiers challenged each other on Wii game systems donated by FMWR.

"We're just having fun playing games, taking it easy here and saving money," Pvt. Zachary Gonzalez said. "I wanted to keep my focus on the Army over the break, and when I found out the fun schedule they have for us here, it made sense to stay."

Saving money was a common denominator for several of the Soldiers who remained on post.

Pfc. Raynaldo Hernandez said that he joined the Army to provide for his mother.

"I'm from Puerto Rico and my mom is sick there. I joined so that she could have better health benefits," Hernandez said. "By staying here, I'm saving money so I can bring her here for my graduation. Plus, I want to go to the NBA and NFL games for free because I've never been before."

Soldiers went to Charlotte to see a Bobcats game and a Carolina Panthers game. They also enjoyed the Lights Before Christmas at the Riverbanks Zoo. While they



Photo by CURSHA PIERCE-LUNDERMAN

Pfc. Abdul Felder, right, discusses his drawings with Pfc. Cody Wilkins during Victory Block Leave. Felder is an artist from New York City, who plans to continue using his talents for the Army as a multimedia illustrator after he completes Basic Combat Training in February.

were on post, Soldiers bowled at Century Lanes, enjoyed meals hosted by USO, and ate homemade holiday treats from local civilians like Frances Bisset.

"People want to do something for Soldiers and don't know what to do or how to go about it, and baking cookies gives them a way to do that," she said.

Bisset and 35 other Columbians made holiday treats for the Soldiers during the Spiritual Safety Day event hosted by the battalion chaplain, Capt. Hyun Ha.

"We're just a little ad hoc group that got started, and it has continued. My son is in the Army at Fort Bragg,

(N.C.) and when he was away from home, people always helped him. So this is just our way of taking care of the Soldiers who are still here," Bisset said.

As the hectic training schedule resumes this week, Pfc. Abdul Felder says he will be able to return to duty well rested.

"It is great to take time out to just rest here," Felder said. "I've had the chance to work on my art, that I enjoy, and meet new friends. When the crazy hustle starts back up again, I'll be ready for it."

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Courtesy photo

From left, Pat Schupt, Pat Patrick, Chaplain (Capt.) Hyun Ha and Frances Bisset shared their time and talents with Soldiers during Victory Block Leave. Bisset met her friends through working at a Columbia area fabrics store. The group bakes homemade treats for Soldiers during the holidays and received donations from 35 people this year.



Photo by SUSANNE KAPPLER

Soldiers react after discovering that they are shown on the video scoreboard during a University of South Carolina women's basketball game shortly before Christmas. Fort Jackson partnered with sports teams, local attractions, restaurants and other organizations to provide activities for the nearly 250 Soldiers who stayed on post during Victory Block Leave.

Defense bill affects pay, bonuses, more

By **KAREN PARRISH**

American Forces Press Service

WASHINGTON — The 2012 National Defense Authorization Act, which President Barack Obama signed Dec. 31, increases active-duty and Reserve pay by 1.6 percent and governs Defense Department activities, from procurement to military personnel policy.

Several provisions in this year's act will potentially affect active-duty and retired service members and their families.

Section 347 requires DoD to finance an independent assessment of overseas troop basing, advising retention, closure, realignment or establishment of U.S. military facilities outside the United States "in light of potential fiscal constraints on (DoD) and emerging national security requirements in coming years."

Section 402 reduces authorized Army minimum end strength from 562,000 to 547,000. The other services' authorized minimum strengths are unchanged, with 325,700 for the Navy, 202,100 for the Marine Corps and 332,800 for the Air Force.

Section 512 of the act creates a new member of the Joint Chiefs of Staff, which currently includes the Army and Air Force chiefs of staff, the chief of naval operations and the Marine Corps commandant. The new member is the chief

of the National Guard Bureau, who will have responsibility for "addressing matters involving non-federalized National Guard forces in support of homeland defense and civil support missions."

Section 526 extends voluntary separation pay and benefits authority, formerly set to expire Dec. 31, to the end of 2018. Section 530 converts the high-deployment allowance from mandatory to authorized. The allowance currently pays \$100 a day, in addition to all other pay and allowances, to a deployed service member who has been deployed 401 days or more out of the preceding 730 days.

Section 701 limits annual TRICARE enrollment fee increases for retirees and their family members to an amount equal to the percentage by which retired pay increases that year.

Section 702 sets mental health assessment requirements for service members deployed for contingency operations. The act calls for a series of assessments: one within 120 days before deployment; another during the period between 90 days after a deployment begins and 180 days after it ends; a third within a year after the deployment ends; and a fourth between 18 months and 30 months of redeployment.

The act states assessments are intended to "identify post-traumatic stress disorder, suicidal tendencies, and other behavioral health conditions in order to determine

which such members are in need of additional care and treatment for such health conditions."

Assessments are not required for service members "not subjected or exposed to operational risk factors during deployment in the contingency operation concerned," the act states.

Section 954 affirms that DoD "has the capability, and upon direction by the president may conduct offensive operations in cyberspace to defend our nation, allies and interests," subject to the law of armed conflict and the War Powers Resolution.

Obama acknowledged having "serious reservations" about parts of the act, particularly provisions that regulate the detention, interrogation, and prosecution of suspected terrorists.

"I have signed the act chiefly because it authorizes funding for the defense of the United States and its interests abroad, crucial services for service members and their families and vital national security programs that must be renewed," Obama said.

The act also contains critical initiatives to control spiraling health-care costs within the Defense Department, develop counterterrorism initiatives abroad, build the security capacity of key partners, modernize the force and boost the efficiency and effectiveness of military operations worldwide, he noted.

MRI on wheels



Photo by NICHOLE RILEY, MACH

For the next five months, a mobile MRI unit will be located outside the imaging department at Moncrief Army Community Hospital. The unit features a new system that enhances MACH's imaging capabilities.

Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the Jan. 19 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Jan. 19 Leader must be submitted by Jan. 12.

Send your submissions to FJLeader@gmail.com, or call 751-7045.



Longtime employee remembered

The Fort Jackson community lost a very important person when Jeremiah Jeffcoat died unexpectedly shortly before Christmas. Mr. Jeffcoat was more than a seasoned network professional. He was known to many as a friend, colleague, teacher and sometimes counselor and pastor when the situation called for it.

I remember my first time meeting Mr. Jeffcoat like it was yesterday.

COMMENTARY

By Jennifer Phifer
Network Enterprise Center

I was a brand new Army civilian, new to Fort Jackson, and I was assigned to an office with — you guessed it — no network

connection. I called the Network Enterprise Center and explained the situation to Mr. Jeffcoat. About 30 minutes later a man with a great big smile on his face — the kind of smile that you just can’t help but return — strolled into my office area.

In fact, I knew it was him coming down the hall before he actually arrived by the cheerful and boisterous greetings he received by everyone on his way in the door as he made his way to my area.

I found myself standing over his shoulder as he meticulously worked, continuously apologizing for causing a hiccup in his schedule that day.

“Don’t worry, Ms. Phifer, it’s not a problem. We’ll get you set up in no time,” he said.

That was Jeremiah. I didn’t know at the time that I would have the privilege of working with Jeremiah at the NEC a year later.

Few people on Fort Jackson were known as well and by as many as Mr. Jeffcoat, but his dedication to selfless service didn’t start here.

Jeremiah began his service to our nation when he enlisted in the Army in 1968. He served for 21 years and two tours in Vietnam, retiring at the rank of sergeant first class. Jeremiah’s civilian career began when he came to Fort Jackson in 1991 to work for the Directorate of Information Management (DOIM), now known as the Network Enterprise Center.

It’s hard to imagine a Fort Jackson without modern network connectivity, but that was exactly the state of affairs when Mr. Jeffcoat arrived. For more than 20 years, Jeremiah’s hand skillfully touched just about every strand of copper and fiber — every switch and connection — that you see on this installation.

Every time you sit down to your workstation, it’s a humbling thought to ponder the hard work and dedication of those who came before you to make the work you do



JEFFCOAT

each day possible. Jeremiah will be dearly missed, but his memory lives on with us here on Jackson in a very special way. It’s hard to top a legacy like that.

At Jeremiah’s funeral, Mr. Gregg Fink, a member of the expanded NEC family took a moment to speak about his treasured friendship with Jeremiah during the two years he spent here on Fort Jackson.

He spoke of the moments they had spent sharing life experiences, joys, tragedies, and even their testimonies. His next words stood out most clearly to those in attendance as being the essence of Jeremiah’s presence here on Fort Jackson.

“He had a big heart, a passion and a love for people,” Fink said. “He would stop to talk, to lend a word of encouragement, a smile, a laugh, and a prayer. For the longest time, I thought I was aboard ‘Fort Jeffcoat’ because just about every building that we went into, Mr. J knew somebody or a cousin. He would greet them with a warm smile and a jovial laugh. Aside from reading about Abraham in the Bible, I’d never met anyone with such a large family.”

I didn’t know Jeremiah as well as some did. I didn’t know all the little, everyday quirks that made him who he was. That being said, I like to think that I knew him well enough to say that he was truly an exceptional man.

ACS Calendar of Events — January

MONDAY, JAN. 9

- English as a second language class — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222
- Career exploration for teens — 6 to 7:30 p.m.; 5975 Chesnut Road

TUESDAY, JAN. 10

- English as a second language class — 5 to 7 p.m.; Main Post Library

WEDNESDAY, JAN. 11

- Job searching strategies — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- Child safety course — noon to 2 p.m.; Main Post Chapel
- English as a second language class — 5 to 7 p.m.; Main Post Library

THURSDAY, JAN. 12

- Stress management — 11 a.m. to noon; 5614 Hood St., Room 10
- English as a second language class — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

FRIDAY, JAN. 13

- Steps to federal employment workshop — 9 a.m. to noon; Strom Thurmond Building, Room 222

TUESDAY, JAN. 17

- FRG basic course — 8:30 to 10:30 a.m.; Family Readiness Center. To register, call 751-7220/7352.
- Starting and running a small business — 9 to 11:30 a.m.; Education Center. Call 751-4109/6062 to register.
- Relocation planning (stateside workshop) — 10 to 11 a.m.; Strom Thurmond Building, Room 213
- FRG treasurer/funds control/fundraising course — 11 a.m. to 1 p.m.; Family Readiness Center. To register, call 751-7220/7352.
- English as a second language class — 5 to 7 p.m.; Main Post Library

WEDNESDAY, JAN. 18

- Personal financial readiness for first-term Soldiers — 9 to 10:30 a.m.; Education Center, Room 206B. Call 751-5256 to register.
- Resume writing/interviewing skills workshop — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- Phase II Levy overseas move brief — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213
- English as a second language class — 5 to 7 p.m.; Main Post Library

THURSDAY, JAN. 19

- Financial planning for initial PCS and relocation readiness — 9 to 10:30 a.m.; Education Center, Room 206B. Call 751-5256 to RSVP.
- Anger management — 11 a.m. to noon; 5614 Hood St., Room 10; learn tips on managing anger by controlling thoughts, feelings and behaviors
- English as a second language class — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- Total Army sponsorship training — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213

SATURDAY, JAN. 21

- Survivor Outreach Services dining out — 11 a.m. to 1 p.m.; FATZ restaurant, Forest Drive. Call 751-4867/1103 to RSVP.

TUESDAY, JAN. 24

- Relocation planning (stateside workshop) — 10 to 11 a.m.; Strom Thurmond Building, Room 213
- EFMP bowling — 3:30 to 5 p.m.; Century Lanes. Call 751-5256 to register.
- English as a second language class — 5 to 7 p.m.; Main Post Library
- FRG key caller, sponsor a spouse training — 8:30 a.m. to noon; Family Readiness Center; call 751-7220/7325 to register

WEDNESDAY, JAN. 25

- Phase II Levy overseas move brief — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213
- English as a second language class — 5 to 7 p.m.; Main Post Library

THURSDAY, JAN. 26

- Parenting class for parents of teens — 11 a.m. to noon; 5614 Hood St., Room 10. Learn how to communicate, resolve conflicts and build parent-teen relationships.
- Budgeting, banking and checkbook maintenance — 11:30 a.m. to 12:45 p.m.; Education Center, Room 206B; call 751-5256 to register
- English as a second language class — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

FRIDAY, JAN. 27

- Foreign-born spouses support group — 6 to 7:30 p.m.; location to be determined. Get together and discuss concerns or issues while sharing ideas to help overcome language or culture barriers. Refreshments will be provided.

SATURDAY, JAN. 28

- Teen workshop: How to get a summer job on Fort Jackson — 10 a.m. to noon; Family Readiness Center

MONDAY, JAN. 30

- English as a second language class — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, JAN. 31

- Job searching strategies — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
 - New year, new you: Volunteer with Army Family Team Building — 9 a.m. to 2 p.m.; Family Readiness Center. Refreshments will be provided. Call 751-6315 for more information.
 - Lunch and learn: Scholarships for military family members — noon to 1 p.m.; Strom Thurmond Building, Room 222
 - English as a second language class — 5 to 7 p.m.; Main Post Library
 - FRG basic course — 5:30 to 8 p.m.; Family Readiness Center. To register, call 751-7220/7352.
- All ACS classes require registration and are subject to change. To register, call 751-5256/4862/6325.

January Promotions

Name	Rank
WARDEN, Robert C.	COL
ALLEN, Christine E.	LTC
BAUER, Anthony C.	LTC
DILLON, Ryan S.	LTC
KRESS, Robert J.	LTC
McCABE, Virginia A.	LTC
SPEAKS, Roy W.	LTC
STANDFORD, Nicole J.	LTC
TARVIN, David A.	LTC
BROWNE, Cheree M.	MAJ
CALDWELL, Keith J.	MAJ
CASTRO, Juan C.	MAJ
DAVIS, Albert W.	MAJ
DAVIS, Samuel R.	MAJ
DERRICK, Ryan M.	MAJ
IJEOMA, John V.	MAJ
LUCAS, Shaun P.	MAJ
NOCKS, Kelly M.	MAJ
O'REILLY, Fergal J.	MAJ
POWELL, Thomas S.	MAJ
RAMOSGUZAM, Arnaldo I.	MAJ
VANDERVELDE, Arthur D.	MAJ
WOOD, Graham D.	MAJ
YASUDA, Jonathan T.	MAJ
SHURN, Felecia	CW4
ELLIOTT, Olga	CW3
CARTER, Bondre D.	MSG
GAINES, John W., Jr.	MSG
HURDLE, Nakesha L.	MSG
JONES, Tami S.	MSG
McPHAUL, Christopher M.	MSG
SMITH, Travion U.	MSG
ARLING, Kandra P.	SFC
EDISON, Jessie L., Jr.	SFC
HEVER, Adam J.	SFC
JAIMES, Omar	SFC
LUGOVIERA, Nestor I.	SFC
PRONES, Jordan C.	SFC
TENORIO, Paola A.	SFC
WHITFIELD, Aubrey L. II	SFC
YOUNG, Jasmine N.	SFC
FREEMAN, David L.	SSG
HENNESSEY, Nicholas D.	SSG
HESS, Amanda J.	SSG
IRWIN, Carolyn K.	SSG
JOHNSON, William K.	SSG
KELLY, James D.	SSG
McWHORTER, Charmaine	SSG
NELSON, Deborah D.	SSG
PAGAN, Carlos R.	SSG
PEPPLE, Awbrey N.	SSG
ROBERTSON, Tonya Y.	SSG
JACKSON, Arverna J.	SGT
KORBA, Crystal M.	SGT
MAHONEY, Michael D.	SGT
MITCHELL, Whitney S.	SGT



Calendar

Today
1-34th ribbon cutting
2 p.m., 12000 Dixie Road

Wednesday, Jan. 11
Retired Officers’ Wives Club luncheon
11:30 a.m., Officers’ Club
RSVP is required by Friday. For more information, call 788-104 or 783-1220.

Friday, Jan. 20
Martin Luther King Jr. Day luncheon
11:30 a.m. to 1 p.m., Solomon Center

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Ongoing
The Biggest Loser contest
The person who loses the highest percentage of weight will win a \$50 gift card and a prize pack. Participants must

weigh in weekly. To register, call 738-8275 or email ayoungblood@bbcgrp.com.

Announcements

FCC PROVIDERS NEEDED
Military spouses who are interested in becoming family child care providers may apply to become certified to provide child care to military families in their homes. FCC orientation training is scheduled from 8 a.m. to 4 p.m., Jan. 30 through Feb. 3 at the Joe E. Mann Center. Applications are being accepted through Jan. 20. For more information, call 751-6234.

ACES NEEDS ASSESSMENT SURVEY
Army Continuing Educations Services is conducting its annual needs assessment survey. The survey gathers information for planning customer-relevant continuing education programs. The survey can only be conducted on computers that read Common Access Cards. To access the survey, visit <https://secureweb.hqda.pentagon.mil/Checkbox/Survey.aspx?s=70328bd5cd5446f08b7e69fb5526d56c>. For more information, call 751-5341.

FINANCIAL PEACE UNIVERSITY
Financial Peace University will meet at 6:30 p.m., today at the Family Life and Resiliency Center. To sign up for the 13-week class, visit www.daveramsey.com. For more information, call 931-206-2969.

AWARD NOMINATIONS SOUGHT
Employer Support of the Guard and Reserve, a DoD agency, is accepting nominations for the 2012 Secretary of Defense Employer Support Freedom Award. Nominations may be submitted through Jan. 16. For more information, visit www.freedomaward.mil.

MG URSANO SCHOLARSHIP
The MG James Ursano Scholarship Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is April 2. For more information, visit www.aerhq.org or call (866) 878-6378.

SPOUSE ASSISTANCE CHANGES
Effective with the academic year 2012/2013, Army Emergency Relief will consolidate its overseas and stateside

spouses education assistance programs. All spouses will be allowed to attend school part-time or full-time. Funding will be available for fall and spring semesters only. Other changes include minimum credit hour requirements, scholarship eligibility and a modified overseas application process. For more information, call 751-5256 or email education@aerhq.org.

CHANGE IN HOURS
The Personal Property Office has changed its hours of operations for walk-in services. The new office hours are: 7:30 a.m. to 4 p.m., Mondays, Wednesdays and Fridays; 7:30 a.m. to 4 p.m. (limited services from noon to 4 p.m.); Tuesdays; 7:30 a.m. to noon, Thursdays. For more information or in case of emergencies, call 751-5137/5138.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.
Send your announcements to fjleader@gmail.com.
Community announcements may be edited to comply with Leader style and Public Affairs regulations.
For more information, call 751-7045.

SKIES SPRING SCHEDULE

The following SKIESUnlimited classes are scheduled through May:

- SCHOOL OF ACADEMIC SKILLS, MENTORING AND INTERVENTION
- Bright SKIES Academy (for ages 3 and 4): 9 to 10:30 a.m.; Monday, Wednesday, Friday; 5614 Hood St., Room 9
 - Bright SKIES Prep (for ages 2 1/2 and 3): 8 to 9 a.m.; Tuesday and Thursday; 5614 Hood St., Room 9
 - Preschool Spanish (for ages 3 and 4): 9 to 10 a.m.; Tuesday and Thursday; 5614 Hood St., Room 9
 - Beginner Spanish (for ages 5 through 14): 4:30 to 5:30 p.m.; Monday; 5614 Hood St., Room 9
 - Kinder Spanish (for ages 4 and 5): 4:30 to 5:30 p.m.; Tuesday; 5614 Hood St., Room 9
 - Intermediate Spanish (for ages 10 through 18): 4:30 to 5:30 p.m.; Wednesday; 5614 Hood St., Room 9

- SCHOOL OF ARTS, RECREATION AND LEISURE
- Pre-ballet (for ages 3 through 5): 5 to 5:45 p.m.; Monday; 6100 Chesnut Road, Dance Studio
 - Jazz/hip-hop (for ages 6 through 12): 6 to 7 p.m.; Monday; 6100 Chesnut Road, Dance Studio
 - Creative movement/Scales (for ages 2 through 5): 9:15 to 9:45 a.m.; Tuesday; 6100 Chesnut Road, Dance Studio
 - Junior hip-hop (for ages 5 through 11): 4 to 4:45 p.m.; Tuesday; 5978 Imboden St., SAC gym
 - Creative movement/Imboden (for ages 2 through 5): 10:30 to 11 a.m.; Tuesday; 5979 Imboden St., CDC gym
 - Junior hip-hop (for ages 5 through 11): 4 to 4:45 p.m.; Thursday; 5614 Hood St., Room 8
 - Hip-hop (for ages 12 through 14): 5:15 to 6 p.m.; Wednesday; 5979 Chesnut Road
 - Cool crafts (for ages 3 through 18): 5:15 to 6:30 p.m.; Thursday; 5614 Hood St., Room 9
 - Arts and crafts, preschool (for ages 3 through 5):

- 10 to 11 a.m.; Tuesday and Thursday; 5614 Hood St., Room 9
- Piano, private lessons (for ages 3 through 18): 4 to 4:30 p.m., 4:30 to 5 p.m., 5 to 5:30 p.m., 5:30 to 6 p.m. and 6 to 6:30 p.m.; Monday through Thursday; 6100 Chesnut Road

- SCHOOL OF LIFE SKILLS, CITIZENSHIP AND LEADERSHIP
- Baby sitter certification (for ages 13 through 18): 10 a.m. to 2 p.m.; April 2 and 3; 5975 Chesnut Road
 - Child abduction prevention (for ages 5 through 14): 1 to 2:30 p.m.; March 31; 5614 Hood St., Room 9
 - Child and infant CPR/FA certification (for ages 10 through 18): 10 a.m. to 2 p.m.; April 3; 5975 Chesnut Road
 - imAlone training (for students in grades 5 through 12): 4 to 6 p.m.; March 30; 5614 Hood St., Room 9
 - Driver’s education (for ages 15 through 18): 8:30 a.m. to 4:30 p.m.; Jan. 7, Jan. 21, Feb. 4, Feb. 18, March 3, March 17, March 31, April 14, April 28, May 12 and May 26; 7356 Garners Ferry Road
 - Baby signing time (for ages newborn through 3): 10 to 11 a.m.; Thursday; 5614 Hood St., Room 8
 - Signing time (for ages 4 through 10): 11 a.m. to noon; Thursday; 5614 Hood St., Room 8

- SCHOOL OF SPORTS, HEALTH AND FITNESS
- Lil kickers (for ages 3 through 5): 5:15 to 6 p.m.; Friday; 6100 Chesnut Road, Gym
 - Karate, beginner (for ages 6 through 18): 6:15 to 7:15 p.m.; Friday and 3 to 4 p.m.; Saturday; 6100 Chesnut Road, Gym
 - Karate, intermediate (for ages 6 through 18): 4:15 to 6:15 p.m.; Saturday; 6100 Chesnut Road, Gym
 - Parent and child tumble bugs (for ages 2 through 5): 5:15 to 6 p.m.; Wednesday; 6100 Chesnut Road, Gym
 - Gymnastics 1-3 (for ages 5 through 18): 6 to 7

- p.m.; Wednesday; 6100 Chesnut Road, Gym
- Gymnastics 4 and tumbling (for ages 6 through 18): 7 to 8 p.m.; Wednesday; 6100 Chesnut Road, Gym
- Open recreation gymnastics 1 (for ages 5 through 18): 6 to 8 p.m.; first Friday of each month; 6100 Chesnut Road, Gym
- Open recreation gymnastics 2 (for ages 5 through 18): 6 to 8 p.m.; third Friday of each month; 6100 Chesnut Road, Gym
- Beginner tumbling (for ages 4 through 15): 4 to 5 p.m.; Thursday; 6100 Chesnut Road, Gym
- Beginner cheerleading (for ages 4 through 14): 5 to 6 p.m.; Thursday; 6100 Chesnut Road, Gym
- Brazilian jujitsu, beginner (for ages 5 through 18): 6 to 7 p.m.; Monday; 6100 Chesnut Road, Gym
- First tee golf
- For ages 5 through 10: 4 to 5 p.m.; Tuesday and Thursday; Jan. 10 through Feb. 9 or Feb. 28 through March 29 or April 17 through May 17; 5975 Chesnut Road
- For ages 11 through 18: 5 to 6 p.m.; Tuesday and Thursday; Jan. 10 through Feb. 9 or Feb. 28 through March 29 or April 17 through May 17; Fort Jackson Golf Course
- Tennis, beginner (for ages 5 through 10): 6 to 7 p.m.; Tuesday; Semmes Road Tennis Court
- Tennis, beginner (for ages 11 through 18): 7 to 8 p.m.; Tuesday; Semmes Road Tennis Court
- Swimming, parent and child (for ages 6 months through 3): 10:45 to 11:15 a.m.; Tuesday and Thursday; Knight Pool
- Swimming, preschool (for ages 3 through 5): 10 to 10:30 a.m.; Tuesday and Thursday; Knight Pool
- Swimming, beginner (for ages 6 through 18): 4:45 to 5:30 p.m.; Tuesday and Thursday; Knight Pool; sessions begin Feb. 2, March 1, April 3 and May 1.

For more information, call 751-6777 or visit www.fortjacksonmwr.com/skies. To sign up online, visit <https://webtrac.mwr.army.mil/webtrac/Jacksoncymys.html>.

FMWR continues long legacy of caring for Soldiers, families

By **THERESA O'HAGAN**

*Family and Morale,
Welfare and Recreation*

In 2007, the Army signed the Army Family Covenant, a promise to Soldiers and their Families that the Army's support would be commensurate to the sacrifices Soldiers and their Families make in their service to the nation.

Much of that promise is delivered through quality-of-life programs from Family and Morale, Welfare and Recreation.

Long before the Army Family Covenant, and long before the word, "Family," was added to Morale, Welfare and Recreation, FMWR, as it is now known, has always been committed to improving the quality of life for Soldiers and their Family members.

FMWR history started on the battlefields of World War I, where behind the lines, Salvation Army sisters and Red Cross volunteers ministered to the needs of Soldiers as the forerunners of today's morale, welfare and recreation specialists.

After the war, funding stopped and morale programs were mothballed. It wasn't until July 1940 that the Morale Division — later named Special Services — was established within the Adjutant General's Office.

Between 1946 and 1955, the core recreation programs were established and staffed by a combination of active-duty military and civilians. Until the mid-1980s, it was active duty enlisted Soldiers and officers who held military occupational specialties in Special Services and were assigned at every level of command who made up MWR.

As those occupational specialties were discontinued, civilians continued to operate FMWR programs with military oversight. Special Services was reorganized many



names prior to its present configuration.

In November 1984, the U.S. Army Community and Family Support Center was established as the headquarters for MWR operations providing oversight and policy support, and also running certain specialty programs such as contracting, financial management, and other services, as well as operating management of the Armed Forces Recreation Centers and other special projects.

The Family and Morale, Welfare and Recreation Command was established Oct. 24, 2006, and has evolved from its early beginnings.

FMWR philosophy is as follows: Soldiers are entitled to the same quality of life as is afforded the society they are pledged to defend. Keeping an Army ready to fight and win takes more than hard work and training. Soldiers need a balance of work and play. The FMWRC mission is to create and maintain "First Choice" FMWR products and services for America's Army, essential to a ready, self-reliant force.

FMWR means full-service military clubs, championship golf courses, up-to-date and well-equipped bowling centers, varied outdoor recreation programs, professional billeting operations, and exciting special events. FMWR hosts Family Day activities for Basic Combat Training Soldiers during graduation week, purchases fitness and recreational equipment for unit day rooms, lends support to Soldier award programs, and makes continuous financial contributions to Soldier unit funds.

FMWR receives little appropriated funding. It pays for salaries, upgrades, construction and utilities with the money it collects in fees and charges. This is why continued patronage of FMWR facilities is important. Without the community purchasing lunches at the clubs, registering for fitness classes at Andy's Fitness Center, taking families bowling at Century Lanes, and all the other visits made to FMWR facilities, there would be no FMWR. And without FMWR, many of the Soldier programs might not be possible, explained John Keegan, chief, marketing division, FMWR.

The dollars spent on leisure inside the gates of Fort Jackson have allowed FMWR in the past few years to reopen Vanguard Gym, reduce membership fees for Andy's Fitness Center, build the spray park additions at Palmetto Falls Water Park and convert the old Wild Cat Pool to Wild Cat Skate Park.

Improvements at all the fitness centers, tennis courts and the ongoing upgrades at many FMWR facilities were also made possible by customer support of FMWR activities.

By the end of 2011, a new skeet range opened on Golden Arrow Road. Two new child development centers and the SKIES Building opened, as well as a new boundless playground.

After the signing of the Army Family Covenant, enrollment fees were discontinued for Child, Youth and School Services and free fun and educational classes are offered to middle school students and teens through EDGE (Experience, Develop, Grow, and Excel). CYSS also dropped or lowered fees in many other areas.

As FMWR moves forward, the commitment continues.

FMWR calendar

THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ☐ Try Hickory Bistro at the **Officers' Club**, 11 a.m. to 1:30 p.m. Get your favorite breakfast or lunch dishes at a new lower price.
- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**.
- ☐ **4-H Club** meets 4 to 5 p.m.; for grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old. Lunch is 11 a.m. to 1:15 p.m. and is \$8 for adults.
- ☐ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.
- ☐ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.



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Smoking impairs readiness

By CHANEL WEAVER

U.S. Army Public Health Command

Nearly one-third of active-duty service members smoke, and that figure increases among troops in a combat zone, according to a Department of Defense Survey of Health-Related Behaviors.

Most Soldiers know that smoking cigarettes can eventually cause lung cancer and emphysema, but one does not have to wait 20 or 30 years to experience the adverse effects of smoking.

Multiple studies by U.S. Army Public Health Command scientists show that smoking has immediate health effects — such as increased injury risk and diminished physical performance.

“Past studies of Army basic trainees show the risk of injuries among Soldiers who smoke was as much as 90 percent higher than non-smokers,” said Michelle Chervak, senior epidemiologist at the USAPHC.

“From past data as well as analysis of recent data collected on operational units, we can definitely say that smokers have a greater risk of any injury, and more specifically, overuse injuries — damage to musculoskeletal tissue that accumulates with repetitive activities such as running,” she added. “Higher injury risk is likely due to factors that impair the body’s healing and repair processes.”

USAPHC studies have also demonstrated that smoking negatively impacts muscle endurance, especially as Soldiers get older.

“Our statistics show that smokers perform fewer push-ups and sit-ups on the Army Physical Fitness Test,” Chervak said.

Smoking can also impair mission readiness. USAPHC studies have also shown that Soldiers who use tobacco have reduced night vision and mental sharpness, and increased risk of heat and cold injuries.



ON THE WEB

For more information on smoking cessation, visit:

- ❑ Quit Tobacco — Make Everyone Proud: www.ucanquit2.org
This site’s “Contact us” page includes a 24-hour Quitline.
- ❑ San Antonio Military Medical Center Quitline: 1-877-SAMMC-11 or www.sammcquitline.org/
- ❑ American Lung Association: <http://www.lungusa.org/stop-smoking/workplace-wellness/>
- ❑ American Cancer Society: <http://www.cancer.org/Healthy/StayAwayfromTobacco/index>
- ❑ Become an EX, Online Tobacco Cessation Program: <http://www.becomeanex.org>

Nicotine decreases oxygenated blood flow, resulting in a 30 percent reduction in night vision for normal eyes, and 50 percent reduction in those wearing corrective lenses. Likewise, smoking also causes reduced blood flow to the extremities, which leads to more heat and cold injuries as the body is unable to cool and warm them, especially fingers and toes.

MORE ADVERSE EFFECTS

Not only does smoking have a negative effect on a Soldier’s performance, it also has poor health consequences for the smoker and those in his or her environment.

President Barack Obama’s National Prevention Strategy report states that cigarette smoking causes approximately 443,000 deaths each year in the United States. These deaths occur as a result of lung cancer, chronic bronchitis, strokes, heart attacks, emphysema and

other conditions.

Second-hand smoke can also be damaging to the health of others — especially children.

“If Soldiers knew the effect that smoking has on their children, I think more would be encouraged to quit,” said Col.

Heidi Warrington, chief nurse executive at the USAPHC.

Children who are exposed to second-hand smoke are at increased risk of suffering from chronic ear infections, asthma and learning disorders, Warrington said.

The financial costs of smoking are also significant. According to a recent *Army Times* article, tobacco use costs the Pentagon \$846 million a year in medical care and lost productivity.

BENEFITS OF TOBACCO CESSATION

More than 80 percent of adult cigarette smokers start before they are 18, so a key tool to preventing tobacco addiction is to encourage smokers not to start, Warrington said.

For those who wish to reduce smoking, there is good news.

USAPHC studies show that the risk of a heart attack decreases 24 hours after stopping smoking and, after one tobacco-free year, the risk for heart disease is one-half that of smokers.

Because the nicotine in cigarettes is so addictive, quitting the habit is not easy. But those who wish to quit smoking should not be discouraged, Warrington said.

“Any reduction in tobacco use is considered a success,” Warrington said. “Soldiers who are having trouble quitting should focus on reducing the amount of cigarettes they smoke — with an ultimate goal of achieving a tobacco-free lifestyle.”

Many military medical treatment facilities offer tobacco cessation classes, and doctors can prescribe medications to help smokers kick the habit. Many communities across the United States also offer tobacco cessation assistance and counseling.

MACH UPDATES

MEDDAC NAMES SOY, NCOY



SALKOWSKI

Fort Jackson MEDDAC has named its Non-commissioned Officer of the Year and Soldier of the Year. The NCO of the Year is Sgt. Joseph Salkowski, who works in the Department of Radiology at Moncrief Army Community Hospital.

The Soldier of the Year is Spc. Christopher Leggett, who works in MACH’s Department of Pathology.



LEGGETT

JANUARY FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4 and older. Dates and times vary. The schedule for **Room 6-67 at Moncrief Army Community Hospital** is as follows:

Vaccinations will be given at **MACH, Room 6-67**, 8 a.m. to 4 p.m., today, Friday, Monday, Tuesday, Wednesday, Jan. 12, 17, 18, 19, 20, 23, 24, 25, 26, 27, 30 and 31.

Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

SOME TRICARE DATA LOST

Some TRICARE patients may have been affected by the loss of some data by SIAC, one of TRICARE’s contractors, officials recently reported. Computer tapes containing personally identifiable and protected health information of patients in Texas, or those who may have had laboratory exams sent to Texas, may be affected. The risk of harm from the missing data is expected to be minimal. The contractor will provide one year of credit monitoring and restoration services to patients who express concerns. Concerned patients may call (855) 366-1040, 9 a.m. to 6 p.m., Monday through Friday, for more information.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga. To be eligible, Soldiers must have 18 months left of active-duty service. For more information, call 751-5406.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Jan. 19 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Jan. 19 Leader

must be submitted by Jan. 12. Send submissions to FJLeader@gmail.com.

For more information, call 751-7045.

New year offers chance for do-over

With the new year come great expectations, anticipation and challenges. We put so much pressure on ourselves to fix our behavior from the previous year. January is a starting point to make our goals a reality.

If you were an exerciser who fell off the exercise wagon, have no fear. One of the best concepts has been the do-over. If you really take a look at it, we are given the opportunity to “do over” on a pretty regular basis.

For example, there are 24 hours before we get a new day; each Sunday gives us a new week, each 30 days (for the most part) gives us a new month and each 365 days gives us a new year. Every time you turn around, we are getting another chance to start over and get it right.

That is good news.

Right now, there is a huge selection of health clubs and gyms. Membership specials and equipment deals are flooding the commercials, papers and Internet. Everyone wants to help you and capitalize on your do-over. Although you might be frustrated with your current lack of physical fitness, it is important to still take things slow.

Don't rush out and purchase expensive equipment because of the testimonials you heard on an infomercial. Be a savvy shopper and maybe take advantage of some free-trial offers locally. If you already enjoyed working out in groups, go back to exercise classes. The camaraderie you

remember and the support you received during class are still there. Classes continued and acquaintances made are ready to welcome you back.

If you preferred working out at home (due to your busy schedule), recognize what pulled you away from your home exercise routine in the first place. It takes a certain level of discipline to exercise at home. For many of us, once we get home, it becomes so challenging to carve out 60 minutes to exercise our bodies.

Even though working out at home can be more convenient, if you find yourself always putting it off, then that is not convenient for you.

Being able to create your home gym is great. Being able to work in it is the ultimate. When you determine what kept getting in the way of your time to exercise, look for alternatives so that you can still work out in the comforts of your home. Home workouts can take a bit of juggling, but can be a

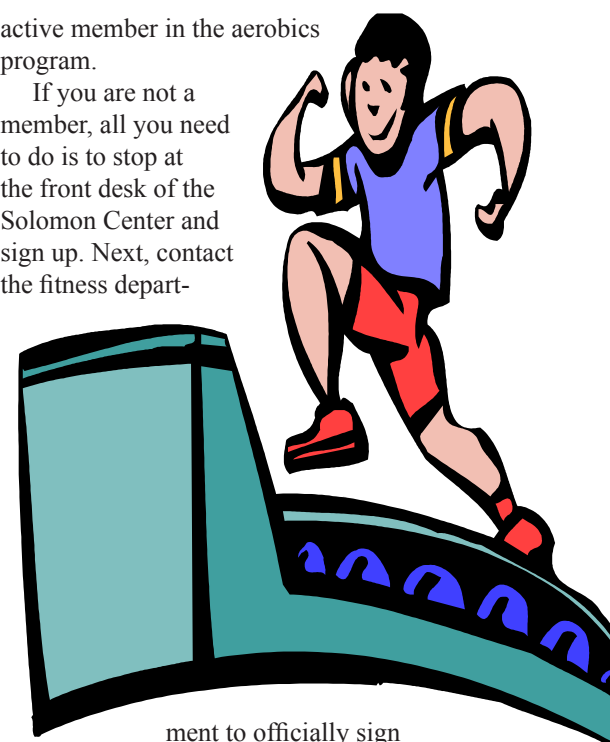
real joy when managed and honored properly.

Finally, if you are headed to the gym, meet with someone from the gym staff if possible and let him or her show you how things work. Possibly develop a beginner exercise routine. Trainers are also available and make a great gift to yourself for your health.

Take a moment and check out the many programs and classes here that are designed to inspire and motivate. The post's annual 90-day fitness challenge started the first day of the year. Your only requirement is to be an

active member in the aerobics program.

If you are not a member, all you need to do is to stop at the front desk of the Solomon Center and sign up. Next, contact the fitness depart-



ment to officially sign

up. This program is great because it not only targets exercise, but it targets wellness. It comes complete with support and educational programs to help ensure your success.

No matter which route you take, develop a routine and do your best not to break it. If twice a week is all that you can do, the consistency of that will still pay off. Inconsistency is what hurts us. Make the decision to get up and get going.

It is time for your do-over.

The Weigh It Is By Pamela Greene *Fitness programmer, Family and Morale, Welfare and Recreation*

